

NUTRITION

Diet: Tips for Improving Your Health

Good health comes from eating a well-balanced diet. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. Consume dairy, soy or calcium fortified food products to make your bone strong and healthy. Foods that are high in fiber are good for you, and you should try to eat several fruits and vegetables every day.

Do I need to make changes in my diet?

If you answer yes to any of the following questions, you may need to talk about nutrition with your doctor:

- Has your doctor talked with you about a medical problem or a risk factor, such as high blood pressure or high cholesterol?
- Did your doctor tell you that this condition could be improved by a change in your diet?
- Do diabetes, cancer, heart disease or osteoporosis run in your family?
- Are you overweight or have you gained weight over the years?
- Do you have questions about what kinds of foods you should eat or whether you should take vitamins?
- Do you think that you would benefit from seeing a nutritionist?

Can I trust nutrition information I get from newspapers and magazines?

Nutrition tips from different sources can sometimes conflict with each other. You should always check with your doctor first. Also, keep in mind this advice:

- There is no "magic bullet" when it comes to nutrition. There isn't one diet that works for every person. You need to find a diet that works for you.
- Good nutrition doesn't come in a vitamin pill. You can take a vitamin pill to be sure you're getting enough vitamins and minerals, but your body benefits the most from eating healthy foods.
- Eating all different kinds of foods is best for your body. Learn to try new foods.
- Fad diets offer short-term changes, but good health comes from long-term effort and commitment.
- Stories from people who have used a diet program or product, especially in commercials and infomercials, are a way to sell more of the product. Remember, weight gain or other problems that come up after the program is over are never talked about in the ads.



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